

> 11 Special delivery



> 14 Time for Panto



> 19 Young racers



# thenewhammag

issue 330 // 4 - 17 December 2015 // Every fortnight

**Wake up  
and smell  
the coffee**

Meet the company that cares (p12)

# You can **RECYCLE** all of these items from around your **HOME**

## Yes please

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- ✓ Plastic bottles
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## No thanks

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- ✗ Needles
- ✗ Dirty nappies



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# the newham mag



Our libraries are great places for people of all ages to enjoy a whole range of activities, as well as selecting books. Pay them a visit to see a magical production of The Snow Queen (p9).

Regeneration is happening at pace all over Newham, but especially the Royal Docks. Read about the latest exciting development that is changing the landscape (p10). You can also discover how Newham Council is delivering some extra cheer to older people with the delivery of Christmas hampers (p11).

If it is a decent cup of coffee you are after, Steven Macatonia, founder of Union Roasted in Canning Town, is the perfect man to ask (p12). If panto is your thing, meet the stars of Theatre Royal Stratford East's Christmas offering of Robin Hood (p14).

See how our young people took to the track as part of Race of Champions (p19) and help us trace those who choose to litter our borough (p21).

**Councillor Ken Clark**  
Cabinet member for building communities, public affairs, regeneration and planning

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# IN BRIEF //

## Support to find work

Employment support sessions will be taking place at East Ham Library in Barking Road on the last Wednesday of each month from 5.30 to 7.30pm.

The sessions have been arranged by Newham Council's East Ham Community Neighbourhood team and the council's employment service Workplace, supported by volunteers from activeNewham. The next one takes place on 16 December.

There will be support with interview preparation, basic skills for work and tips about motivation. Only Newham residents can take part. For more information email [CN.eastham@newham.gov.uk](mailto:CN.eastham@newham.gov.uk) or call 07812 658587.

## Coffee and safety advice

A Christmas themed coffee morning takes place at Green Street Library on 16 December from 10.30 to 11.30am where residents can get advice about staying safe over the festive period.

The session has been organised by Newham Council's Green Street Community Neighbourhood staff and adult social care team. You can just drop in on the day or for more information email [Habiba.AliASC@newham.gov.uk](mailto:Habiba.AliASC@newham.gov.uk) or call 0203 373 2809.

## Stage for young talent

Residents are invited to attend the final of the Little Ilford's Got Talent show being staged at the Little Ilford Youth Zone, Rectory Road, Manor Park, on 18 December from 5 to 7pm.

Young people aged 11 to 19 will be taking part. If you want to be involved call 07930 548269 or visit [www.newham.gov.uk/youthzones](http://www.newham.gov.uk/youthzones)

## >>> Pledge to end violence

Newham councillors and staff have made public pledges to help end violence against women as part of a United Nations' campaign to raise awareness of the issue.

As part of the 16 Days of Action campaign, which ends on 10 December, they posted pictures of themselves on social media holding a pledge to never commit, condone or stay silent about violence against women. Residents are urged to do the same.

Mayor Sir Robin Wales joined Councillors Lakmini Shah, Unmesh Desai, Lester Hudson and Newham Council chief executive Kim Bromley-Derry in helping to raise awareness of domestic violence, female genital mutilation, rape and sexual assault. Councillor Shah said: "In Newham we have a zero tolerance approach to any domestic or sexual violence."

Residents wanting more information on services available to victims of domestic or sexual violence can visit [www.newham.gov.uk/dsv](http://www.newham.gov.uk/dsv) or call 0845 451 2547.



Support from the Mayor, councillors and Mr Bromley-Derry

## Paris victims remembered

Mayor Sir Robin Wales and Newham councillors joined staff at Newham Council's offices at Newham Dockside in observing the national two-minutes silence on 16 November to remember those who died in the Paris attacks.

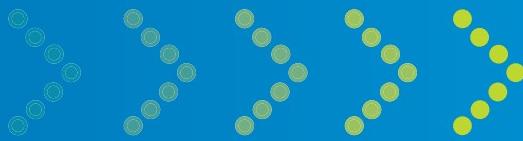
Staff gathered in the atrium of the building in the Royal Docks to remember the 129 victims.

Councillor Ken Clark, Cabinet member for building communities, public affairs, regeneration and planning, said: "The terrorist attacks by the so-called Islamic State means community cohesion and the values of respect and tolerance for differing cultures are more important than ever.

"We know most citizens share the same values of living a peaceful life in harmony with our neighbours and community, but unless we seek to understand each other's lives by interacting with each other's cultures, these beliefs can be threatened by the actions of violent minorities who claim to represent certain sectors of society."



Staff observe the silence



# News

## Young volunteers applauded

Sixteen young volunteers have been awarded certificates and medals for the help they give to residents who use the services on offer at Manor Park Library.

The group spent much of the summer months helping youngsters complete a Summer Reading Challenge at the library in Romford Road. They also dedicated time to helping people who attend Do it Online courses and needed support in using the computer equipment available.

They were awarded certificates of achievement by Mayor Sir Robin Wales, Councillor Ken Clark, Cabinet member for building communities, public affairs, regeneration and planning, and Councillor Salim Patel, community lead member for Manor Park Community Neighbourhood.

Councillor Patel said: "It is right that we should always promote the value and dedication of our local volunteers. We thank them for all their hard work."



The volunteers and certificates

## Diwali cheer in store

Councillors from Newham Council's Green Street Community Neighbourhood offered a helping hand to their local Tesco store when the retailer wanted to help residents celebrate Diwali.

Tesco had food worth £1,000 available for local community projects and asked councillors for their help in identifying worthy causes.

The councillors suggested the food be delivered to the SKS temple in Shaftesbury Road where the items were put to good use feeding needy members of the community. Councillors Hanif Abdulmuhit and Mukesh Patel helped deliver the groceries and met residents who prepared them for the celebration.

Audrey Humes, Tesco's Borough Champion for Newham, said: "As the Diwali festival is associated with generosity and giving, we were delighted to be able to support the temple in helping those in need."



Cllrs Patel and Abdulmuhit help the delivery

## >>> Estate development moves closer

Thousands of new homes and jobs are set to be created on Stratford's Carpenters Estate after Mayor Sir Robin Wales and Cabinet members approved a decision to find a partner to bring forward the development of the estate.

Councillors reaffirmed their commitment to a decision in 2010 to adopt a masterplan for the Stratford area and to enter into a joint venture partnership that could result in 2,000 new homes and 1,000 new jobs.

Councillor Ken Clark, Cabinet member for building communities, public affairs, planning and regeneration said: "It has always been our vision to redevelop the estate for the benefit of all residents.

"We want to reassure people on the estate that we will work with them and ensure they are part of any consultation going forward. Redevelopment offers a fantastic opportunity to increase the amount of homes, improve the public realm and create job opportunities."

# Regeneration has to mean something

We can all see the huge physical change that has taken place in Newham in recent years and lately I've visited two impressive developments that illustrate what regeneration means for our borough and how far we have come.

The Royal Wharf project in the Royal Docks and the Glasshouse Gardens towers that are part of Lendlease's International Quarter development in Stratford, are great examples of our ambition for the area.

As a council, we have worked hard, along with our partners, to build an environment that makes Newham a great place to do business with. We are an authority that works with developers rather than setting up barriers. That means minimising unnecessary regulation and ensuring that processes like planning applications are as speedy as possible.

I am keen that every building that goes up here is of a high quality. What we are seeing at Royal Wharf and Glasshouse Gardens meet that spec and are setting the bar for the many more that will follow.

But more than the buildings, I am excited by the vision that the partners involved in these projects have expressed and are looking beyond just the physical structures.

I am clear that any regeneration in Newham must benefit local people. That's because despite the growing



opportunities, our residents still face many challenges.

All of us here know that sustainable, decently paid work is the only real route out of poverty. That is why we value the relationships we have with our local employers so greatly.

Our employment service Workplace offers a fantastic opportunity for both residents and employers. Since 2007, it has supported more than 28,000 residents access the jobs that are coming to the area. That's because we

find out what local employers expect from their workforce and then we support our residents to gain the skills required to meet those needs.

I am thrilled that Royal Wharf and Lendlease are committed to work with us to ensure the jobs created as a result of these developments are open to local people. Together we can realise the huge potential that Newham has to offer and make a real difference to our local community.



## Mayor's view

# Spending Review offers us little

So the Government's Spending Review has been announced and we know how it will be spending its money for the next four years. One thing is clear though, the Chancellor's plans offer little for Newham residents and increase the challenges we face, especially in tackling the issues faced by those who really need support.

**"I can assure everyone that when we make our decisions, we will do all we can to ensure we can deliver the services that residents value."**

We welcome the decision to scrap the controversial plan to cut tax credits – the top up benefit payments for working families on low incomes – but many of the other announcements will have lasting impacts on our borough. One such example is the impact on the 2012 Games housing legacy.

The Chancellor has decided that the Right to Buy scheme can now be extended to housing association tenants. One association piloting the scheme will be London & Quadrant (L&Q), one of the providers of social and affordable homes on the former Athletes Village. We fought hard to have affordable homes in the village and a housing legacy from the

Games that benefits our residents. The decision therefore to extend Right to Buy to tenants of L&Q means these homes are likely to disappear for future generations.

Residents have told me they need genuinely affordable housing options, especially those people on low and middle incomes. I don't believe the Government's idea to tackle this need will achieve this in Newham.

We've done our sums and believe the Chancellor is wrong if he thinks giving councils the ability to add two per cent to Council Tax bills to cover social care costs will solve the crisis authorities are facing. We spend around £88 million a year supporting vulnerable adults. Such an increase on Council Tax will raise only £1.5 million, which will not even cover our additional cost to help those in need.

It all means that local government still has to meet the biggest budget challenge it has ever faced.



In Newham we need to save £50 million next year alone and we are currently analysing what you have told us are the services that matter most. However I can assure everyone that when we make our decisions, we will do all we can to ensure we can deliver the services that residents value.

# with Sir Robin Wales

**From the New Year,  
Automatic Number Plate Recognition  
(ANPR) cameras will be in use at your  
local Reuse and Recycling Centre (RRC)**



If you live in the boroughs of Barking & Dagenham, Havering, Newham or Redbridge, you are able to use the following Reuse and Recycling Centres:

- ✓ Frizlands Lane, Dagenham
- ✓ Gerpins Lane, Upminster
- ✓ Jenkins Lane, Beckton
- ✓ Chigwell Road, Woodford Bridge

As a resident you are able to dispose of your household waste at these sites free of charge. The disposal of this waste is paid for through your council tax.

Waste that is created by traders cannot be tipped for free, and by not declaring it as trade they are acting illegally. We strive to prevent traders from using your RRCs without paying and they are entitled to open an account to pay for disposal of their waste responsibly at these sites.

Each tonne of waste traders fraudulently deposit costs you the taxpayer over £130, and more if it goes to landfill. ANPR cameras will be used to identify and challenge vehicles suspected to be carrying trade waste, including those using cars and small vans.

ANPR data will also help in establishing traffic patterns and identifying busy periods so that we can more effectively manage queues and run our RRCs as efficiently as possible.

Please remember to bring either a current council tax bill or driving licence with you as proof of residence when you visit. You will need authorisation from your Local Authority to tip certain types of waste.

For more information please visit [recycleforyourcommunity.com](http://recycleforyourcommunity.com)



# Save time when you do it online

Newham London



Access information and services at a time that suits you, 24 hours a day, 7 days a week.

[www.newham.gov.uk/doitonline](http://www.newham.gov.uk/doitonline)

Parking permits, bin queries and bulky and garden waste collection service requests are now online only.

# Winter's tale to savour

**The exciting and imaginary tale of The Snow Queen, the story that inspired the Disney movie Frozen, is set to wow young audiences at libraries across the borough this month.**

Newham Council's Community Neighbourhood teams have arranged for the Open Book Theatre Company and First Draft Theatre to bring the classic Christmas story to life for audiences of all ages and abilities.

The story starts when a boy, Kay, is cursed with the inability to perceive goodness in others, having been cursed by The Snow Queen. To restore his heart and free him from the clutches of evil, his young friend Gerda must travel to the palace, overcoming obstacles and great danger on the way.

**"This promises to be a magical production which everyone can enjoy."**

The shows, which are free to enter, feature popular Christmas songs, sensory design elements and the opportunity to join in and become part of the story.

Actress Vicky Gaskin said: "Our production will bring Hans Christian Andersen's classic tale magically to life. The show is specifically designed to be friendly to those people affected by autism or dementia."

Councillor Ken Clark, Cabinet member for building communities, public affairs, planning and regeneration, said: "This promises to be a magical production which everyone can enjoy."

"It shows once again the versatility of our libraries. They are great places where residents can come to enjoy a whole range of activities. In addition to selecting books we have story-telling, computer courses,

English classes, arts, crafts and games clubs and free internet access."

#### **Where you can see The Snow Queen:**

**Saturday 19 Dec, 11am,  
East Ham Library, E6**

**Saturday 19 Dec, 2.30pm,  
Plaistow Library, E13**

**Saturday 19 Dec, 6pm,  
Manor Park Library, E12**

**Monday 21 Dec, 11am,  
Beckton Library, E6**

**Monday 21 Dec, 2.30pm,  
Green Street Library, E13**

**Monday 21 Dec, 6pm,  
Canning Town Library, E16**

**Tuesday 22 Dec, 6pm,  
The Gate Library, E7**

**Weds 23 Dec, 6pm,  
Stratford Library, E15**

The production is best suited for children aged five and over. All children must be accompanied by an adult. Please visit your local library to book a place.

**For details about what else is happening where you live, download the What's On in Newham app by visiting [www.newham.gov.uk/communityevents](http://www.newham.gov.uk/communityevents)**



London Borough of Newham

**COMMUNITY  
NEIGHBOURHOODS**

# Regeneration jobs make a difference

**Until the 1970s Newham's Royal Docks employed thousands of workers unloading an amazing assortment of goods arriving in ships from across the world. Most of the cranes that once lifted giant containers from those ships have gone, replaced by ones that are transforming the area into a thriving community.**

Royal Wharf is one of the new developments that will form a residential centrepiece of the docks. It was the location for a recent celebration of the regeneration of this part of London. The scheme on 40 acres of riverside land at the Silvertown end of the docks will deliver 3,385 new homes for up to 10,000 new residents. It will create a new neighbourhood complete with a high street and a market square with independent shops, bars and restaurants, two new parks and three new pocket parks.

The celebration was organised by developers Ballymore and Oxley supported by London City Airport, the Royal Docks Management Authority and the Silvertown Partnership. Special guest was TV chef Gizzi Erksine and there were speeches from Mayor Sir

Robin Wales, Ballymore's managing director John Mulryan, Oxley's chief executive Ching Chiat Kwong and Sir Edward Lister, London's Deputy Mayor for Housing, Land and Property.

Sir Robin said: "Royal Wharf is a fantastic concept and those behind it want to make a statement and leave a legacy. We will always help developers who have a vision and want to build something that will last a long time.

"We always ask for two things from development – high quality, and opportunities for jobs. It isn't just about the buildings. For us the most important thing is helping people into work. We are looking forward to building a fantastic relationship with Ballymore and Oxley to get Newham residents into the jobs that will make a difference to their lives."



.....  
Workplace, Newham Council's employment service, will be working with both companies on job opportunities available. You can find out more by visiting [www.newhamworkplace.co.uk](http://www.newhamworkplace.co.uk) or by calling 020 3373 1101.

.....  
For details about Royal Wharf and to see a time lapse video of construction work in progress visit [www.royalwharf.com](http://www.royalwharf.com)



# Extra cheer for older residents

Christmas is coming early for almost 3,000 older residents who are receiving a hamper from Newham Council in the run up to the festive period.

The hampers are packed with essentials and treats and are being provided to people aged 70 and over who live alone and on low incomes. Each hamper includes tea, coffee, jams, biscuits, soup, and tinned vegetables.

**"I would like to thank everyone involved who made it possible."**

The gesture has been led by the council's eight Community Neighbourhood teams, who bring residents together through activities, events and initiatives.

The hampers have been funded by London City Airport, Aspers Good Causes Fund, Serco, Tesco, LendLease and the Royal Docks Trust. They also

contain a pass to leisure centres from activity provider activeNewham.

Arthur Francis, 85, from Stratford, had his hamper delivered by Mayor Sir Robin Wales, Councillor Ken Clark, Cabinet member for building communities, public affairs, regeneration and planning, and Councillor Mas Patel, lead member for Stratford and West Ham community neighbourhood.

Arthur said: "It is very nice to receive this hamper and it will come in handy at Christmas. I would like to thank everyone involved who made it possible."

The hampers are being delivered by local councillors and volunteers or through tea parties in community neighbourhood areas.

Sir Robin said: "Providing these hampers to some of the most vulnerable members of our community shows what

Christmas is all about. This is the second year we have done this. I am delighted that we can provide people like Arthur with a little extra something this Christmas."

Councillor Clark added: "Our Community Neighbourhood teams support and bring together residents throughout the year. However, Christmas can be an isolating time so it's even more important to support our residents."

"This has only been possible thanks to the kindhearted gestures of our sponsors and the volunteers who have helped make it happen."

**To play an active role in your community neighbourhood visit [www.newham.gov.uk/communityneighbourhoods](http://www.newham.gov.uk/communityneighbourhoods)**





# United in Coffee

Steven Macatonia is co-founder and director of coffee at Union Hand-Roasted in South Crescent, E16. His journey into the world of coffee with friend and co-founder Jeremy Torz is a remarkable one.

Steven said: "I was in research in infectious diseases for more than ten years and that took me to California. I was starting to flag what with starting in the lab at 5am and finishing after midnight so I began looking for something else."

"Jeremy, who was an optician, was

there at the same time. We had spoken about doing something for ourselves related to food and drink because we love the idea of being able to produce flavours and tastes in a creative way."

In California he had started drinking coffee that was unlike anything he had tasted in England. He said: "As a young teenager I remember drinking instant coffee, but weaning myself off milk and sugar. At 17 I can remember buying coffee beans and being intrigued by

them but somewhat deflated because they didn't taste how I was expecting. My journey to California changed that."

Visits to a small local roaster and seeing coffee beans being roasted made him realise he wanted to roast coffee. It was the beginning of a phenomenal journey for him and Jeremy.

At this stage in the early 1990s the quality of the coffee in England wasn't the same as what they experienced in California. Added Steven: "We realised

## > WORKING LIVES



**Just a few decades ago you wouldn't have seen too many people drinking takeaway coffee in the street. We appreciate it much more now and a Canning Town company are playing a massive part in educating our taste-buds.**

there was a genuine business opportunity, but neither of us had business experience. We were academics so it took a lot of tenacity to put a business plan together."

They learned about coffee, about roasting, and about barista skills before selling everything they had to set up a small workshop in Essex and import a small coffee roaster from America. They began supplying roasted coffee to the Seattle Coffee Company, one of the first to open American-style coffee bars

in this country. When that company was swallowed up the Starbucks chain they used the experience to learn the corporate way of doing things. By 2000, and with clients including Michelin star restaurants, they decided to go it alone.

Said Steven: "Coffee was in our blood. We were visiting coffee producers in Guatemala when world coffee prices were at their lowest.

"We saw the impact that was having on the people that depended on coffee

for their livelihoods. There had to be a way of trading that was equitable to everybody in the supply chain. That is where the seeds of Union were sown - a relationship between us a roaster, the farmers and producers, the baristas serving our coffee and those drinking it."

The pair ensured they paid good prices for their coffee so that their producers could make a profit, invest in their farms and in their workers and produce higher quality coffee. Steven said: "We have long term relationships with them so that they can plan their production seasons ahead. Working with Union offers them stability."

The company works in 12 countries mostly in Latin America, South America and East Africa. They have 45 different producer groups from a single family with an estate employing a workforce to single farmers with a tiny plot of land but working as a co-operative. "What drives us is the quality of the coffee that we source, underpinned by the ethics in the way we work with farmers and producers," said Steven.

In Canning Town they have 56 staff including coffee sourcers, roasters, and a team who train the baristas that use Union's range of 35 coffees in cafes and restaurants.

Said Steven: "Because of the work we put into sourcing our coffee, developing relationships with farmers, and our fixation with quality during the roasting process, it is important that those who are serving it make it as delicious as can be.

"We roast coffee with the respect it deserves. We bring out all the flavour nuances, but we are never satisfied. That's what drives us to do better."

If you want to taste Union's hand roasted coffee for free, pop along to The Gate Community Neighbourhood Centre, Woodgrange Road, Forest Gate, E7 on Wednesday 9 December from 5.30-8.30pm. Activities include coffee brewing, latte art and discussions about the origins of coffee. Contact [ian.martin@newham.gov.uk](mailto:ian.martin@newham.gov.uk) for information.

# MAID IN THE BEST PANTO TRADITIONS

**Christmas is almost here so it must be time for panto (Oh no it isn't! Oh yes it is!). This year we're off to the land of StratEastHam (pronounced Stratieham) to meet Robin Hood. But it wouldn't be the Theatre Royal Stratford East (TRSE) if there wasn't a twist in the tale!**

Robin, the prince of thieves, and his band of Merry Men have a mission. As he robs from the rich to give to the poor, he's on a quest to save good King Richard and the poor people of StratEastHam by trying to defeat evil Prince John. But who is it who really saves the day? Will it be brave and daring Robin, played by Oliver Wellington? Or will it be the feisty and fearless Maid Marian, played by Nadia Albina?

Said Nadia: "We have all the traditional panto elements of audience participation, slapstick and a Dame. It doesn't disappoint in those areas, but in our version you will also see a sense of equality. Marian is very determined, independent, incredibly intelligent, knows her own mind and isn't intimidated by men."

Oliver added: "Robin is confident and the type of person who thinks he is the best and the strongest, but underneath there is a vulnerability that is rarely seen. You may just discover a different side of him."

**"This is very much a 2015 version of the story; very current and very refreshing"**

Nadia believes the production offers positive messages in terms of Robin, Marian and the Merry Men as role models. She said: "Friendship plays a big part in our version and so does equality and women having a voice and being able to be all they want to be.

"We also have old fashioned justice in terms of good versus evil but one of the strongest messages is overcoming adversity. Every character does that at some point; has to question themselves; has to dig deep because life does throw you some funny things. You can choose to stand up to them or you can crumble. This production is about facing up to your fears and overcoming them."

**"It's a fantastic theatre and a fantastic crowd. I'm terrified but can't wait to get started"**

Oliver added: "This is very much a 2015 version of the story; very current and very refreshing. Without giving anything away, the writers and producers have done an amazing job in flipping bits of the story on its head."

This tale of Robin Hood has original songs and lyrics with some exciting rock and roll numbers promised. There's no current pop tunes in this production and all the songs fit with the characters and the story.

It is Nadia's first panto and Oliver's first time at TRSE. Nadia said: "I was here five years ago in the Ian Dury musical Reasons to be Cheerful and loved it. I can't believe it has taken me this long to get back. It's a fantastic theatre and a fantastic crowd. I'm terrified but can't wait to get started. Oliver agreed. "I'm really

looking forward to it."

Nadia is however no stranger to Newham having played a major part during the Opening Ceremony of the 2012 Paralympic Games on a high trapeze in the stadium. She said: "I have great memories of Stratford. It has been a wonderful place for me what with the theatre and the Paralympic Games ceremony, which was one of the best nights of my life. I had to learn trapeze work for that and I've also had to learn a new skill for Robin Hood. If you want to see what it is you'll have to come along."

And do Robin and Marian have a happy ending? "You will have to wait and see," said Nadia. "But perhaps the most enduring message is that whatever you dream of doing in your life you shouldn't let prejudices get in your way. This panto destroys all barriers and shows you everything is within your reach. Just don't give up!"

Robin Hood runs until 23 January. Tickets from £5 to £27.50 with concessions are available on all performances. To book call 020 8534 0310, visit [www.stratfordeast.com](http://www.stratfordeast.com) or book in person at TRSE, Gerry Raffles Square, E15 1BN.

Captioned and audio performance: Saturday 19 December, 7pm. Signed performance: Saturday 19 December, 2pm.

L-R, Nadia Albina (Marian), Derek Elroy  
(Nurse) and Oliver Wellington (Robin)





# Newham in pictures

**2****3****4****5**

**1** It's a barrow of fun! Laying some new earth, bark and chippings at the Forest Gate Community Garden in Sprowston Road, E7. **2** Thumbs up! Pupils from 11 Newham primary schools took part in go-kart races as part of the Race of Champions event at the former Olympic Stadium, E20. **3** Never too old to make friends! 3 Students from St Bonaventure's School, E7, served tea and chatted to residents, including Julian Bridgeman, 102, at Mornington Hall care home, Manor Park, E12. **4** Giving rugby a try! Youngsters took part in fun coaching sessions at Memorial Park, E15, with the Newham Knights, the junior section of East London Rugby Football Club. **5** The great outdoors! Children from Brampton Primary School, E6, took notes during a nature and river ramble in River Lee Country Park.

# Christmas and New Year revised refuse and recycling collection times

## Collection day

Monday 21 December  
 Tuesday 22 December  
 Wednesday 23 December  
 Thursday 24 December  
 Friday 25 December  
 Monday 28 December  
 Tuesday 29 December  
 Wednesday 30 December  
 Thursday 31 December  
 Friday 1 January  
 Monday 4 January  
 Tuesday 5 January  
 Wednesday 6 January  
 Thursday 7 January  
 Friday 8 January  
 Saturday 9 January

## Collection day

Saturday 19 December  
 Monday 21 December  
 Tuesday 22 December  
 Wednesday 23 December  
 Thursday 24 December  
 Tuesday 29 December  
 Wednesday 30 December  
 Thursday 31 December  
 Saturday 2 January  
 Monday 4 January  
 Tuesday 5 January  
 Wednesday 6 January  
 Thursday 7 January  
 Friday 8 January  
 Saturday 9 January

Normal collections resume from Monday 11 January



To check recycling collection dates for your area please visit [www.newham.gov.uk/myneighbourhood](http://www.newham.gov.uk/myneighbourhood) and enter your postcode into the search. Please note that most recycling collections are now fortnightly.



**GO Bootcamp**

**Prices**

- 1 Day £50
- 1 Week £250
- 2 Weeks £500
- 4 Weeks £1000
- 12 Weeks £3000
- 6 Months £6000
- 12 Months £10k
- Evening £25
- Monthly £70

**BOOTCAMP & FITNESS CLASSES**

**Address:** 160-188 High Street, Stratford, London - E15 2FD  
**Website:** [www.gobootcamp.co.uk](http://www.gobootcamp.co.uk)   **Email:** [enquiries@gobootcamp.co.uk](mailto:enquiries@gobootcamp.co.uk)   **Phone:** 07580526124

**thenewhammag**

To advertise here call Julie Madell on 07890 529 090 or email [julie.madell@newham.gov.uk](mailto:julie.madell@newham.gov.uk)

London City Airport  
Get closer.

## Sound Insulation Scheme

The airport offers eligible properties located within its noise contours the opportunity to have works undertaken as part of its Sound Insulation Scheme

No application for the Sound Insulation Scheme is necessary. If your property is eligible for either the first or second tier scheme you will receive a letter detailing your eligibility and what works are available to you. These letters will be sent in the next few weeks.



To find out more about the Sound Insulation Scheme and what is included within the First Tier and Second Tier Schemes please visit [www.lcacc.org/noise](http://www.lcacc.org/noise).

For those already treated under the Sound Insulation Scheme the airport provides a 10 year check-up, for further information please visit [www.lcacc.org/noise](http://www.lcacc.org/noise).

If you require any further information about the Sound Insulation Scheme please contact the schemes administrator on 0203 203 2397 or alternatively email us at [environment@londoncityairport.com](mailto:environment@londoncityairport.com).

# Racing with Champions

Racing of a whole different type has just taken place on the track where Mo Farah and Hannah Cockroft won Olympic and Paralympic gold medals in 2012. The Race of Champions attracted some of the world's fastest drivers to the former Olympic Stadium, but there were some who enjoyed the spectacle at a less frantic pace.

While the likes of Formula One stars Jenson Button and Sebastian Vettel were tearing around at top speed in high performance cars, children from 11 Newham primary schools took to the track in pedal powered Kettler go-karts.

**"For all of us to be able to race here with the crowd so close has been awesome"**

The speeds may not have been the same but the grit and determination to pass the chequered flag first was just as strong among the pupils of Carpenters, Sheringham, Selwyn, Lathom, Curwen, Gallions, William Davies, Ranelagh, St Winefride's, Kensington and New City schools.

Just like in Formula One they took part in practice sessions at the Stadium in the days ahead of the main two-day event to determine qualifiers for the final races.

They also got to meet some of the top stars and stunt driver Terry Grant put on a show for them.

The winning school was Curwen Primary and their star racer was Rashan Chigorimbo. Their prize was one of the go-karts for their school. Rashan said: "It was so good to win. I felt like three-times world champion Lewis Hamilton."

His classmates agreed. Amra Al-Wall said. "When I first came into the Olympic Stadium, I said wow! It will be one of the best memories of my life." Alexandra Campos-Viegas said: "I was so excited." Jason Kamau added: "I am so glad to have been part of it."

Jenson Button summed up the mood of everyone who took part. He said: "As a Formula One driver we get to race in some fantastic venues around the world, but we are not in the Olympics. We all watched the 2012 Games and we've all got special memories of it, so for all of us to be able to race here with the crowd so close has been awesome."





Newham London

## West Wing Boarding Kennels

Can't have your pets with you over Christmas or the new year? Our kennels and cattery are ready to give them a very warm welcome. All units are heated, and are completely separate from stray dog accommodation.

**Special introductory rates: from £8.50 per cat per day and £10 per dog per day.**

Discounts apply if more than one dog or cat from the same household share accommodation.

T: 020 8586 9739 E: [animal.welfare@newham.gov.uk](mailto:animal.welfare@newham.gov.uk)  
W: [newham.gov.uk/boardingkennels](http://newham.gov.uk/boardingkennels)



Newham London

## Free Christmas parking

### Christmas shopping weighing you down?

Newham Council is offering free parking at locations around the borough on Friday 11 December, Monday 14 December, Friday 18 December and Monday 21 December.

Parking will be free on these dates in six car parks:

#### East Ham

St John's Road East  
St John's Road West  
Madge Gill Way

#### Upton Park

Shaftesbury Road  
Queens Market

#### Stratford

Old Town Hall  
Stratford

**Call For Assessment**  
Tel: 020 8519 6116  
First Month Half Price



**TOP OF THE CLASS**  
the Smarties Club  
Group classes for 5-7 year olds

**STRICTLY ONE 2 ONE TUITION**

**MATHS - ENGLISH - SCIENCE** [www.knowledge-box.com](http://www.knowledge-box.com)

**Knowledge-Box™**  
Centre of Academic Excellence

- Guaranteeing quality tuition since 1994
- Qualified, experienced, police checked tutors
- Proven Excellent pass rate Year on Year
- From 5 years to Adult
- Preparation for School Entrance exams
- 11+, SATs, GCSEs, A-Level
- Dedicated learning at our centre or at home
- Individually tailored lessons



**Child-Bereavement UK**  
REBUILDING LIVES TOGETHER

2 x Bereavement Support Workers  
37.5 hours per week (permanent)  
Full time (job share applications will be considered)  
£24,000 per annum

Child Bereavement UK has over 20 years experience in supporting families and educating professionals when a baby or child of any age dies, or when a child is facing bereavement. We are looking to appoint two skilled and compassionate people to support parents bereaved of baby or child, and children or young people who have been bereaved of someone special to them. The posts will be based at our East London (Newham) office. For copy of the job descriptions please contact Sue Randall. Applications can be sent via email or post. Please send in your CV along with a covering letter detailing why you think you would be suitable for the post.

Email: [sue.randall@childbereavementuk.org](mailto:sue.randall@childbereavementuk.org)  
By post: Sue Randall  
Executive Manager  
Child Bereavement UK  
Clare Charity Centre  
Wycombe Road, Saunderton  
Bucks HP14 4BF  
Tel: 01494 568919

Closing date: Midnight Friday 11 December 2015      Interviews: Friday 18 December 2015



**The Newham Mag**

To advertise here call Julie Madell on 07890 529 090 or email [julie.madell@newham.gov.uk](mailto:julie.madell@newham.gov.uk)

## Don't let litterbugs rubbish Newham

Fly tipping and littering is a challenge for every local council and in Newham we strive to ensure our streets are clean and safe for residents as well as visitors. That's why we take a pro-active approach to street cleansing.

We use state-of-the-art in-cab technology in our refuse vehicles to provide us with an accurate picture of the waste dumped on our streets. Our enforcement officers also use body cameras to identify individuals that flout the law. During 2014/15 Newham Council issued 1,955 Fixed Penalty Notices (FPN) and prosecuted 318 people for littering and fly tipping offences.

FPNs can be issued to residents and visitors for a range of environment crime offences, including fly-tipping and flyposting, waste in front gardens, littering and illegal street trading. Unfortunately, there are offenders who believe they're above the law and fail to pay their fines.

The pictures on this page show people we want to question about anti-social behaviour offences. If you recognise anyone please call **020 3373 4479** and quote the reference number beside the picture.

To the people pictured here, our message is simple – we will use every power at our disposal to track you down and prosecute you, including publishing a photograph of you if we need to establish your true identity. Contact us now to pay your fixed penalty notice, as you may be ordered to pay a far higher price by the courts when you are prosecuted.

### Ensuring your anonymity

Newham Council is committed to tackling crime and anti-social behaviour in partnership with the police and other agencies. If you provide information regarding identities:

- you will not be required to provide your name
- you will not be required to leave your contact details
- you will not have to make a statement



**Ref: 90016168**



**Ref: 90030660**



**Ref: 90031149**



**Ref: 90016214**



**Ref: 90016210**



**Ref: 15 30585**

Magistrates at Thames Court fined five fly-tippers a total of more than £1,500 on 26 November after they were all prosecuted by Newham Council.

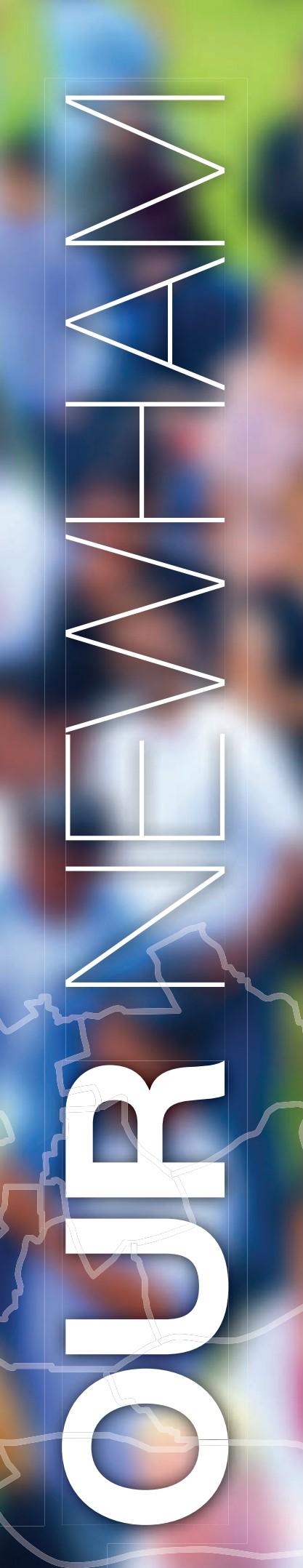
In one case, two 32-year-old men from Barking dumped wood, glass and fence posts with nails sticking out, behind a nursery school in Dukes Road, East Ham. They were each fined £600 and had their van confiscated.

Councillor Ian Corbett, mayoral adviser for environment and leisure, said: "We do not stand for people treating our streets as a rubbish dump."

**Don't put up with rubbish. Don't drop it and if you see it report it. To get it cleared up report it online at [www.newham.gov.uk/MyNewham](http://www.newham.gov.uk/MyNewham) or download the Love Newham app by visiting [www.newham.gov.uk/lovenewham](http://www.newham.gov.uk/lovenewham)**

**Call 020 3373 4479 and quote the reference number beside the picture.**

**CAUGHT ON  
CAMERA**



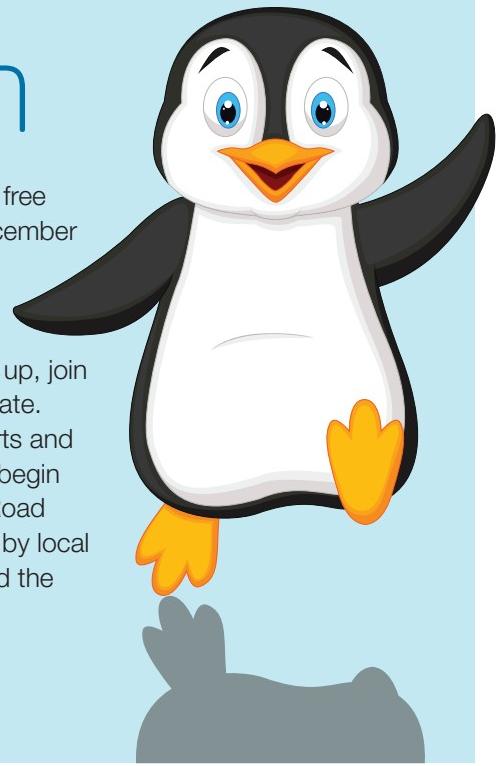
# Time to pick up a Penguin

Children aged three to ten are invited to take part in a free Penguin Parade in Canning Town on Saturday 19 December from 2-5.30pm.

Participants will go on an adventure around the neighbourhood looking for all the penguins who have vanished just before their annual Arctic parade. Dress up, join in and help the Snow Fairies find them before it's too late.

Lots of creative challenges are involved including arts and crafts, story-telling and messy play. The activity tours begin between 2-3pm at Canning Town Library in Barking Road and end at The Hub in Star Lane. They are organised by local charity Ingeenium, supported by Newham Council and the Aspers Good Causes Fund.

**Places are limited so booking is essential.  
Contact [bookings@ingeenium.org.uk](mailto:bookings@ingeenium.org.uk) or text  
07964 256397 to reserve a place.**



## Walk on the wild side

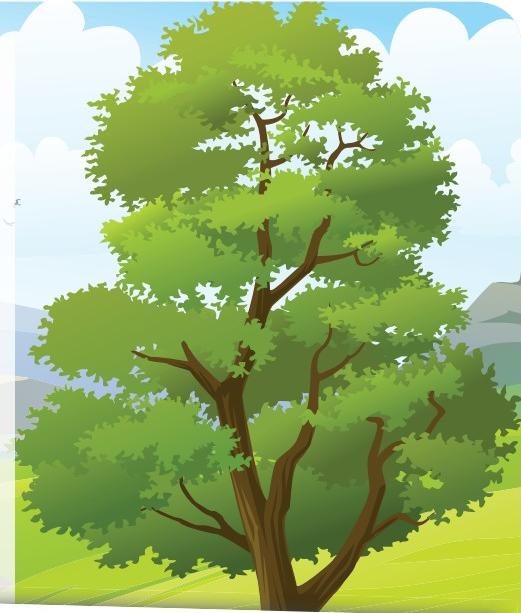
Fifty children from Brampton Primary School in East Ham got a taste of the great outdoors when they enjoyed a River Walk in River Lee Country Park.

The pupils aged eight and nine learned about the many animals, natural features and habitats in the park's 10,000-acre classroom.

Teacher Billy Kennaway said: "It was great to be able to get out to the countryside. The whole day was very well organised and the level of instruction we received was excellent."

The trip was funded through the Lee Valley Regional Park Authority's Community Access Fund, which supports access to the park for schools, community, special needs and youth groups that would otherwise be precluded by cost.

**For more information visit  
[visitleevalley.org.uk/education](http://visitleevalley.org.uk/education)**



Pupils enjoy the walk

## DANCES WITH WHEELS

Members of the East London Wheelchair Dance Club performed recently at a Dance Around the World Festival in Camden, which showcased dozens of different social dance forms.

The club is led by Canning Town-based company Folk in Motion, who teach 'wolk', an adapted form of traditional English dance that is suitable for all wheelchair users, including manual or powered chairs or those that need to be pushed. No experience is necessary.

Sessions are free to attend and the club meets on alternate Fridays during term time at Durning Hall in Earlham Grove, Forest Gate, from 5.15-6.15pm. The next session is on 18 December. There is no need to book.

**For more information call 07973 252751 or visit [www.folkinmotion.co.uk](http://www.folkinmotion.co.uk) or email [info@folkinmotion.co.uk](mailto:info@folkinmotion.co.uk)**



The wheelchair dancers

## Pupils learning through music

Pupils in Year Six at Essex Primary School used music as their inspiration to learn about equality during activities to celebrate Black History Month.



Their studies culminated in an Empowerment concert, which was performed for the whole school, parents and invited guests.

Head teacher Rosie Cowan arranged for singer Eska Mtungwazi, shortlisted for the 2015 Mercury Prize for music, producer Byron Gold, from BBC's The Naked Choir; and South African soprano Joyce Moholoagae to work with the pupils, who also studied the ideas and experiences of politicians throughout history.

This is the eighth year that the school in Sheridan Road, Manor Park, has held Black History Month events. Head teacher Rosie said: "The musicians who came to the school are positive role models who have helped expand our pupils' academic and social education."

## Hospice project honoured

A project designed for people in Newham needing palliative care has won a national Hospice UK award for Innovation in Volunteering.

The Empowered Living Team (ELT) project was developed after a survey among Newham residents showed they wanted more access to rehabilitation, physiotherapy, complementary therapy and social support services.

In response, St Joseph's Hospice in Hackney developed a new concept using volunteers to support patients in their own homes. Currently 101 patients are supported.

Hospice chief executive Michael Kerin said: "We are delighted to win because it is the first project of its kind in the country and because it was specifically created to help Newham people."

**If you think the Empowered Living Team could help you or someone you know contact [m.wheatley@stjh.org.uk](mailto:m.wheatley@stjh.org.uk) or call 020 8525 6000.**



# Kids' corner



PLEASE SEND YOUR DRAWINGS,  
JOKES AND POEMS TO:  
**KIDS' CORNER, WEST WING**  
**4TH FLOOR, NEWHAM DOCKSIDE**  
**1000 DOCKSIDE ROAD, LONDON E16 2QU**  
OR EMAIL THEM TO  
**newham.mag@newham.gov.uk**

Don't forget to write your name, age, address and daytime contact telephone number on the back of your entry. We cannot return any entries.

## GALLERY



## Free membership at Stratford Picturehouse

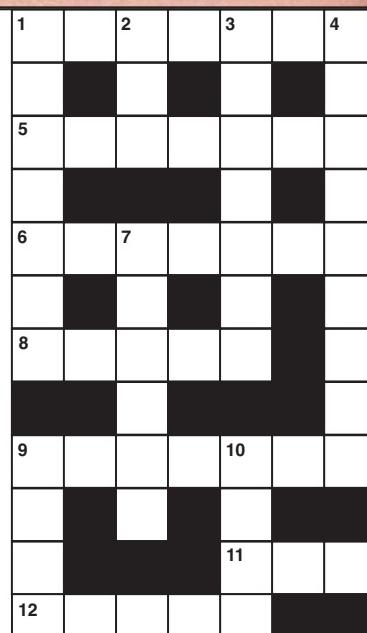
This issue's winner receives a free family ticket at Stratford Picturehouse, which includes a kid's popcorn and drink.

To be in with a chance of winning this or another great prize, send your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QU**. Don't forget to write your full name, age, address and daytime contact telephone number on the back of your entry. **Good luck!** Visit [www.picturehouses.co.uk](http://www.picturehouses.co.uk) to see what's on.



Picture  
house  
STRATFORD

# Colour-me-in Crossword



### Across

1. Christmas gift (7)
5. 'Good King Wenceslas looked out on the feast of \_\_\_\_\_' (7)
6. Form of written language for blind people (7)
8. Photographs taken in hospitals (1-4)
9. Cheerio (7)
11. Colour of Santa's costume (3)
12. Bird often seen on Christmas cards (5)

### Down

1. Christmas cards are posted into one (7)
2. Night before Christmas (3)
3. Breathes out (7)
4. Citrus fruit with orange-red skin (9)
7. Largest river in the world (6)
9. Equipment (4)
10. Farm building (4)

### I was walking

I was walking down the street tonight  
The street lamps shine so bright.  
There is no sun not even sunlight  
I was walking down the street tonight.

I was walking down the path the next morning  
I could hear old people snoring.  
Oh how annoying  
I was walking down the path the next morning.

Poem

I was walking down the alley that afternoon  
I could see a bit of the moon.  
It will be night time soon  
I was walking down the alley that afternoon.

I was walking home that night  
I could see the moonlight.  
Oh what a beautiful sight,  
I was walking home that night.

Assma Faci, 10

# WHAT'S ON?

Download our What's On app at [www.newham.gov.uk/neighbourhoodevents](http://www.newham.gov.uk/neighbourhoodevents)

## OUR THRILLING THREE...

1

**Christmas Bazaar** – Sat 12 Dec, 11am-2pm, Royal Docks Learning & Activity Centre, Albert Road, E16. Santa, face painting, stalls and food from the Christmas Community Café.

2

**Ambassador's Cup Basketball Tournament** – Sat 12 Dec, 9am-6pm. UEL Sports Dock, E16. Free. Sponsored by Lithuanian Embassy and Metropolitan Police. Face-painting, bouncy castle, police dogs display.

3

**Tea Dance** – Weds 16 Dec, 1-3pm, St Mark's C.C. Put on your dancing shoes and step back in time and dance the afternoon away. £1.50 to cover cost of refreshments. For ages 50+

## TRY SOMETHING NEW... A PIRATES' CHRISTMAS

Ahoy shipmates! Get along to the Play, Sow and Grow Community Centre, Gay Road, Stratford, E15 2RN on Friday 11 December from 5-8pm for a pirate themed Christmas party.

Funded by a Newham Council Let's Get the Party Started grant, the free event is inspired by the Pirates of the Caribbean movies. Music and pirate flags, a treasure hunt, pirate juice and a pirate cake.

Reserve tickets by visiting the A Pirates Christmas for Me page at [www.eventbrite.co.uk](http://www.eventbrite.co.uk) or contact [adampastryguy@hotmail.com](mailto:adampastryguy@hotmail.com) for details.



## DANCING AT LAUNCH OF HERB GARDEN

The grand opening of a new herb garden takes place at the Royal Docks Learning & Activity Centre, Albert Road, North Woolwich, E16, on Thurs 10 Dec, 12.15pm.

Buffet lunch, Christmas Carols, line dancing, tea and cakes. Win a hamper in the garden naming competition. Email [admin@rdlac.org.uk](mailto:admin@rdlac.org.uk) or call 020 7476 1666.



**Indicates free sessions**

Libraries unless stated

### UNDER-FIVES



#### **Toy Library**

Introducing toddlers to borrowing toys. Thurs, 10.30-11.30am, Beckton

#### **Storytelling**

Mon, 10.30-11.15am, Custom House; Mon 11am-12noon, Tues 10-11am, Beckton; Tues 10-11am, Thurs 2-3pm, Plaistow; Tues 10.30-11.30am, Sat 11.30am-1pm, Green St; Tues, 10.45-11.30am, Canning Town; Tues, 10.30-11.30am, The Gate; Tues 10.30-11.30am, Thurs 9.45-10.45am, East Ham; Tues 11am-12noon, Fri 11am-12noon, Stratford; Fri, 10.30-11.30am, Manor Park

#### **Stay and Play**

Support for parents and carers to develop their child through play. Mon and Tues, 11am-12noon

and Wed 11am-1pm, Sat 11.30am-1pm, Green St; Tues, 9.30-11.30am, Jeyes C.C; Tues, 10am-12noon, Grassroots; Weds 10am-12noon, Sat 11am-1pm, Stratford; Thurs, 1.30-3.30pm, Jack Cornwell C.C

#### **Music and Movement**

Sessions for parents/carers and children. Mon, 10.30-11.30am, Grassroots

**Baby Sensory Sessions (0-13 months)** 1st Thursday of the month 10-10.45am, Beckton

#### **Board Games Club**

Weds, 6-7.30pm, Manor Park

#### **Family Movie Club**

Fri, 5.30-7pm, Manor Park

#### **Arts and Crafts**

Thurs, 6-7.30pm, Manor Park

**Reading Together** Tues, 10.30-11.15am, North Woolwich

#### **Rhyme Time**

Tues, 10.30-11.15am, North Woolwich Library

**YOUNG PEOPLE****Board Games Club (7-13yrs)**

Play chess, Checkers, Ludo, Pictionary and more. Tues 4-5pm, Fri 4-5pm, Stratford; Tues, 6.30-7.30pm, Green St; Thurs, 4.30-6pm, North Woolwich

**Games Club (7-16yrs)**

Sony PS3, XBox360, Nintendo Wii, board games and more. Mon, 3.30-5pm, Plaistow; Tues, 3.30-5.15pm, Custom House; Weds, 3.30-5pm, The Gate; Thurs, 4-6pm, Canning Town; Fri, 5-7.30pm, Green St (Wii only)

**Froud Young Project (7-16yrs)**

Activities for young people. Mon, 3.30-5.30pm, Jack Cornwell C.C

**Arts and Craft Workshop (5-12yrs)**

Mon 4-5pm, Sat 1-2pm, Green St; Tues, 4-5pm, Plaistow; Sat, 2-3pm, Canning Town; Sat, 2-3pm, Custom House; Sat, 2-3pm, North Woolwich

**Young Readers Club (7-12yrs)**

Read and discuss your favourite books. Tues, 4-5.15pm, North Woolwich; Fri, 3.30-4.40pm, Green St

**Children's Movie Matinee (0-13yrs)**

Sat 3.30-5.30pm, Green St

**Let's Start Sewing (7-16yrs)**

Beginner sewing classes. Sat, 12noon-3pm, Woodman C.C. Woodman St, E16. Email theteam@kefoundation.org.uk

**Spanish Club (7-14yrs)**

Weds, 4-5pm, Beckton. Email vane\_macia@hotmail.es

**East Ham Youth Zone**

Sony PS4, DJ decks and other activities. Tues, 4-7pm, East Ham

**Homework Club**

All sites term time only. Mon, 3.30-4.30pm, North Woolwich; Mon, 4-6pm, Stratford; Weds, 3.30-5.15pm, Manor Park; Thurs, 4-6pm, Plaistow; Sat, 10.30am-12.30pm, The Gate; Fri, 3.30-5.30pm, Canning Town; Fri, 4-5pm, Beckton; Fri, 4-5.30pm, East Ham; Sat,

2-3.30pm, Green St

**Countries Culture Club**

Weds, 5.30-6.30pm, Green St

**Kids Dance**

Sat, 6-7.30pm, Green St

**Rosetta Art Workshop (5-12yrs)**

Thurs 10 Dec, 11am-12.30pm, Canning Town

**Multi Games (6-12yrs)**

Mon, 5-6pm, Green St

**Handwriting Practice**

Tues, 4-5pm, Green St

**Interactive Learning**

Tues, 5-6.30pm, Green St

**Family Movie Club**

Free films for all the family.

Sat, 4-5.30pm, Green St

**Time-2-Craft (16+)**

Sat, 10-12noon, Stratford

**Homework Club**

Sat, 2-3pm, Manor Park

**Film Club 16+**

Thurs, 1-3.30pm, North Woolwich

**Film Friday**

Black Britain on Film – 50 Years on. Fri, 11 Dec, 7pm, 'Second Coming' Cert. 15. Fri, 18 Dec, 7pm, 'London Screen Archives' Stratford

**Children's movie club (5+)**

Thurs, 4-7pm, North Woolwich Sat, 4-6pm, Manor Park

**ACTIVITIES AND SUPPORT****Afternoon tea**

Weds, 4-5.30pm, Canning Town

**Chess Club**

Tues, 3.45-5.15pm, Beckton;

Mon, 5.30-7.30pm, and Thurs, 5.30-7.30pm, East Ham;

Weds, 5.30-7.30pm, Green St;

Thurs, 5.30-7.30pm, Stratford;

Tues, 5.30-7.30pm, The Gate

**Coffee Mornings**

Mon, 11am-12.30pm, North

Woolwich; Tues, 10-11.30am,

Beckton; Tues, 11am-12.30pm,

Custom House; Thurs, 10.45am-

12noon, Canning Town; Tues, 8

Dec, 10.30-12noon, Manor Park;

Weds, 16 Dec, 10-12noon, East

Ham; Thurs, 10 Dec, 10-12noon,

Stratford; Tues, 15 Dec, 10.30-12noon, Plaistow

**Do It Online (18yrs+)**

Six-week or eight-week basic computer training. Advance booking required, contact library directly. Tues, 10am-12noon, East Ham; Tues 10am-12noon, Plaistow; Weds, 2-4pm, Stratford; Tues, 11am-1pm, Thurs, 10.30am-12.30pm, Green St; Tues, 10am-12noon, Katherine Road C.C; Wed, 10am-12noon, Plaistow; Mon, 1-2pm, Canning Town

**Knit & Natter (16yrs+)**

Weds, 10am-12noon, Beckton; Fri, 10.45-12noon, Canning Town; Fri, 10am-12noon, East Ham; Tues, 10.30am-12.30pm, Manor Park

**ICT Surgery**

IT advice for all ages. Fri, 2-4pm, Canning Town

**Love Newham app drop-in**

Learn how to report issues via the app. Mon, 10.30-11.30am, The Gate

**ICT Drop-in Session**

Set up a My Newham profile and create an email account. Fri, 11am-1pm, The Gate; 10am-12noon, Green St; Weds, 10.30-12noon, Stratford Library

**Deafroots Deaf Club**

Including quizzes, prizes, refreshments. Mon, 1.30-3.30pm, Stratford. New members £2, existing members £1. Email angel@deafroots.org.uk or text on 07985 242778.

**Support in Action**

Thurs, 12noon-4pm, Jeyes C.C

**Get on Target Business Advice Surgery**

Tues, 12noon-2pm, North Woolwich. Call 07931 576 483 to book.

**SpEC Speaking English with Confidence**

Mon, 10-11am, North Woolwich; Mon, 10-11am, Plaistow; Mon, 11am-12noon, East Ham; Weds, 10.30-11.30am, Manor Park; Weds,

11am-12noon, Canning Town;

Weds, 11am-12noon, The Gate;

Tues, 10.30-11.30am, Custom

House; Weds, 10-11am, Beckton;

Sat, 10am-12noon, Stratford

**Chai and Chat Women Group (18yrs+)**

For women who use mental health service. Weds, 10.30am-12.30pm, Plaistow

**Adult Reading Groups**

Sat, 12noon-1pm, Green St. Email CN.GreenStreet@newham.gov.uk. Thurs, 17 Dec, 6.30-7.30pm, East Ham. Email easthamreaders@gmail.com

**Rabbits Rd Institute Conversation Club**

Thurs, 3-4pm, Manor Park

**Life in the UK Classes**

12-week course. Contact 020 8542 3904. Weds, 10am-12noon, East Ham; Weds 12.30-2.30pm, Fri 10am-12noon, Plaistow; Fri, 12.30-2.30pm, Green St

**Cake Decorating**

Weds, 10am-12noon, Katherine Road C.C. Call 020 8522 5772 to enrol.

**ESOL for Beginners**

Mon, 9.30am-3pm (EL2), Weds, 9.30am-3pm (EL3), Beckton; Tues and Fri, 1-3pm, Plaistow; Tues 9.30am-12noon, Fri 9.30am-12.30pm, Jack Cornwell C.C; Weds and Thurs, 9.30-11.30am, Katherine Road C.C. Call 020 8522 5772 to enrol.

**ESOL for Absolute Beginners**

Weds, 9.30am-2pm, Katherine Road C.C; Weds, 10-11.30am, The Hu

**Let's Get Cooking**

A ten week cookery course. Free for over-16s. Weds, 10am-12noon, Jack Cornwell C.C.

**Grants Surgery** Find out more about Let's Get The Party Started and Go for It grants. Mon, 7 Dec, 3.30-5pm Green St

**Safer Neighbourhood**

Drop-in Weds, 10am to 11am, Stratford

## Get Connected

Bring your laptop, tablet or smartphone and learn how to make the most of your device. Tues, 1-2pm, Green St

## Sewing Class

Weds, 10am-12noon, Beckton C.C. £2 per session.

## Newham Super Choir

Tues, 10.30am-12noon, Beckton C.C.

## Ballroom Dancing

(18yrs+) Tues, 2-3pm, Beckton C.C (Free); Thurs, 2.30-4pm, Field C.C (Free); Fri, 8-9pm, Jack Cornwell C.C (£4)

## Interview Skills Practice

Thurs, 5-6pm, Green St. Book a place by ringing 020 3373 0857 or email CN.GreenStreet@newham.gov.uk

## Let's Job Hunt

Thurs, 6-7.30pm, Green St. Book a place by ringing 020 3373 0857 or email CN.GreenStreet@newham.gov.uk

## Citizens and Advice

**Sessions** Advice sessions on money management, energy saving and debt. Appointment only. Mon, 11am-1pm, Manor Park

## Introduction to Newham

**Online Course** Over 500  free courses. Sat, 10.30-12.30pm, Manor Park

## Basic Computer Skills

Fri, 10.30-12.30pm, Manor Park

## My Newham Workshop

Register with My Newham and access council services. Tues, 6-7.30pm, Manor Park

## English Conversation Club

Practice your spoken English. Mon, 6-7.30pm, Manor Park

## Together We Can

Group for adults under 50 years who have had a stroke. Fri, 11 Dec, 2-4pm, Plaistow Library

## Stratford London

**Toastmasters** Public speaking & leadership club. 1st and 3rd Monday of each month from Dec, 6-8pm, Stratford

## ESOL for Intermediate

Weds, 10am-11am, Green St

## Winter Festival

Sat, 5 Dec, 1-5pm, Plaistow

## Movie Club

5 Dec, Home Alone; 12 Dec, Arthur Christmas; 19 Dec, A Christmas Carol. Plaistow

### COMMUNITY ACTIVITIES



## Bumps and Babies

**(up to 1yr)** A free home-based meet up, Weds, 1-3pm for expectant parents and those with babies. Email newham@nct.org.uk

## Mums2be Meetup

Information and support for expectant parents. 3rd Sat of every month, 10-11am. Email newham@nct.org.uk

## Meet and Greet

### Mums, Bumps and Babies

Fri in various cafes around Newham. Visit [www.netmums.com](http://www.netmums.com) or email jojostevie@live.com

## Junior Volunteer Police

### Cadets (10-12 yrs, term time)

Wed, 3.30-5pm, Little Ilford School, Browning Rd, E12, £1.

## Senior Volunteer Police

### Cadets (13-17 yrs)

Wed, 6.30-9pm, Little Ilford School, Browning Rd, E12, £2.50.

Thurs, 6.30-9pm, Eastlea Community School, Exning Rd, E16, £2.50. Call 07500 881 378

### BOXING AND SELF DEFENCE



## Modern Arnis (16yrs+)

 Tues, 5.15-6.15pm, Jack Cornwell C.C

## Boxing (Newham College)

Mon, 5-6pm, East Ham College, High St South, E6

## Fight For Peace Boxing

Mon to Fri, 4-5pm 10-14yrs Mon to Fri, 5-9pm, 14+yrs Woodman St, North Woolwich, E16. Call 020 7474 0054

## Punch Out (16yrs+)

Fri, 4-5pm, Katherine Road C.C

## West Ham Boys ABC

Mon, Wed, Fri, mixed (8-16yrs), 5-6pm, Sat, boys (6-11yrs), 10-11am, girls (7-16yrs), 11am-12noon, £2. 2 London Rd, E13. Call 020 8472 3614

### HEALTH AND FITNESS



## Salsa Dancing (18yrs+)

 Mon, 3.15-4.45pm, Beckton C.C; Tues, 11.45am-12.45pm, Field C.C

## Nordic Walking

Wed, 9.30am. Meet at Field C.C. Not suitable for wheelchairs. Call 07783 660 429; Fri, 6.30-8pm. Meet at Newham Leisure Centre, E13; Sun, 10-11.30am. Meet at East Ham Leisure Centre, E6

## Tai Chi Class

 Fri, 10-11am, Beckton C. C. Fridays 10-11am

## Singing for Health

Church of God, E12. Tues, 1.30-3pm. Free to over-50s.

## Let's Yoga

Cost £7.50 for 10 weeks, for 50+. Mon, 10-11.30am, Beckton C.C. TT; Mon, 6-7.30pm, Green St, £1.00 to hire a mat or bring your own, class is free

## Zumba

Registration essential. Tues, 10.30-11.30am, £1pp, Field C.C; Mon, 9.30-10.30am, £3pp, Fri, 9.30-10.30am, £2pp, over 50s free, Jack Cornwell C.C; Thurs, 10.15-11.15pm, Stratford, £2.50pp (women's only), bodyshapefitness4@gmail.com; Fri, 12.30-1.30pm, over 50's (free), The Hub

## Tone-Tastic

18+ Mon, 2 -3pm, Weds, 9.30-10.30am, Field C.C.

## Unity Zumba

Mon and Wed, Lister Room, Town Hall, E6; Tues and Thurs, St Mark's Centre, E6. All 8-9pm. £5. Call 07886 884573

### 50+ ACTIVITIES



## Get Active, Get Healthy

- Walk to the Park

Mon, 10.30-11.30am, Manor Park

## Newham Striders

Daily walking group. Call 0300 124 0123.

## Bingo (50+ yrs)

 Mon, 12-1pm, Beckton C.C; Mon, 12-4-pm, Jeyes C.C; Thurs, 7-9pm, Jack Cornwell C.C

## ICCAN

Faith based group with cultural activities. Fri, 12noon-2pm, Jeyes C.C

## Active & Connected

Social group for gay and bi men. Last Thursday of each month. For info call 020 7791 2855

## Active Centre 50+ Group

Weds, 12noon-4pm, Field C.C

## Dominoes Group

Fri, 6-10pm, Field C.C

## Chair Based Yoga

Tues, 12.30-1.30pm, Manor Park

## Fifty Plus Men's Group

Tues and Thurs, 2-5pm, Katherine Road C.C

## Forever Young

Enjoy community activities and make new friends. Wed, 11am-1pm, Beckton; Wed, 10.30am-12.30pm, Field C.C.

## Pilates Classes

Tues, 9.30-10.30am, Field C.C

## Happy Living Club

Indoor and outdoor activities for over 50s. Tues and Weds, 1.30-5.30pm, Jeyes C.C

## Holiday Spanish Club

Wed, 12.30-1.30pm, Manor Park

## Exercise for Fitness

Thurs, 10.30-11.30pm, Manor Park

## Walking Football

Tues, 10-11am, Priory Park E6 1QH. For more information email dgheerawo@westhamunited.co.uk or call 07803 210 299.

## Soca Aerobics

Fri, 3-4pm, Grassroots C.C.

## Age UK East London Nordic Walks (18+)

Tues, 9.30-10.45am, meet at Age UK East London Newham Branch, 655 Barking Rd, E13 Sun, 10-11am, meet at entrance of the Copper

Box, Queen Elizabeth Olympic Park, E20. Call 07989 938 242

**Young at Heart Bingo Club** Mon, 12noon-4pm, £1. Jeyes C.C

**Ballroom Dancing** Mon, 10am-12noon, St Paul's Church Centre, Burges Rd, E6. £4. Call 07761 209 463

**Steel Pan Music Therapy**  
For people with learning and physical disabilities, Dementia and stroke. Fri, 12-2pm, Beckton C.C

**Tai Chi Class**   
Fri, 11-12noon, The Gate

**Zumba & Indian Dance**  
Designed for 50+ but all ages welcome. Fri, 12noon-1pm, Jeyes C.C.

**Chair Based Yoga For over 50's** Tues, 12.30-1.30pm, Manor Park 

## GREEN

### Green Gym

Weds, 10am-1pm, meet at Visitor Centre in East Ham Nature Reserve, Norman Rd, E6. Call 07845 973 156

**Green Volunteering**   
Tues and Thurs, 10am-2pm. Silvertown Wy, E16 (opp. Hallsville Rd)

### Garden Club

Tues, 1-3pm, Thurs, 4-7pm, Sat, 10am-4pm, Abbey Gdns, Bakers Row, E15

### Gardening Thymes Gardening Club

Fri, 11am-1pm, Bowring Green, Central Park, High St South, E6

**Grow Together Be Together  
Community Gardening Club**  
Wed, 10am-1pm. Sat, 1pm-3pm Flanders Field, Melbourne Rd entrance, E6. Call 020 8586 7070

**Caravanserai Garden Volunteering** Thurs and Sat, 11am-3pm, Silvertown Wy, E16. For information call 07773 863 384

**Community Gardening**   
Tues, 10am-12pm, Beckton C.C

## DOORSTEP CLUBS

Call 0300 124 0123, unless otherwise stated.

### Athletics Club (14yrs+)

A multi-sport session focusing on athletics, football and the gym. Tues, 6-7pm, Newham Leisure Centre, E13. Call 07718 394 756

### Gym & Basketball (14yrs+)

Tues, 6-10pm, £2, Rokeby School, Barking Rd, E16

## FEMALE SPORTS

### Basketball Sessions

Tues, 4-5pm, Chobham Academy, 40 Cheering Ln, E20

### Dare2Dance (12-16yrs)

Street dance, Fri, 3.30-5.30pm, Newham Leisure Centre, E13

### Female Boxfit (14yrs+)

Mon, 4.15-5.15pm, Balaam Leisure Centre, E13. Call 07970 783 526

### Girls Football (11-16yrs)

Tues, 4-5.30pm and Thurs, 5-6pm, Newham Leisure Centre. Fri, 5-7pm. Term time only. Memorial Park, E15

### Girls Group Cycling (11-15 yrs)

Tues and Thurs, 5-5.30pm, Newham Leisure Centre, E13

### Just Play (14yrs+)

Wed, 6.30-8pm, multi-sports (term time). Cumberland School, E13. Call 0300 124 0123

### Women's Martial Arts (16yrs+)

Tues, 5.15-6.15pm, Jack Cornwell C.C. Ring 07473 030 250

### Female Only Gym Sessions

Mon, 3-4pm, 16-25yrs. Mon and Wed, 7.30-10.30pm. Tues and Thurs, 12noon-1.30pm. Sun, 3-5pm, 11-15yrs, Newham Leisure Centre, E13. £4.65

### Get Back into Netball

Tues, 6-7.30pm, juniors; 7.30-9pm, seniors. £2. Lister Community School, E13. Call 07717 281 529

### Abs Blast (11-15yrs)

Thurs, 5.30-6.30pm, £3.10, Newham Leisure Centre, E13

### Female Only Zumba

Tues, 6-7pm, Forest Gate Community

School, Forest Ln, E7. Thurs, 6.30-9pm, The Well C.C, Vicarage Ln, E6. £1. Call 07741 292 902

## SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

### Ability Club (14-25yrs)

Multi sports for disabled young people. Wed, 5.30-6.30pm and Fri, 4.45-6pm, NewVlc, E13

### Athletics (8-18yrs)

Tues, 4.15-6.15pm, Brampton Manor, Roman Rd, E6. Thurs,

4.30-5.55pm, St Angela's Ursuline School, E7. Email cnourrice@englandathletics.org

### Get Fit for Free

Tues, 1.30-3.30pm and Fri, 10am-12noon. Gym use for people with learning disabilities. Newham Leisure Centre, E13. To book an induction call 0300 124 0123

### Sensory Play (U5yrs)

Wed, (term time) 1.30pm-3pm, Oliver Thomas Children's Centre, Mathews Ave, E6. Email Naomi.ferron@oliverthomas.newham.sch.uk or call 020 8821 0997

### Swim for Families Dealing with Autism

Wed, 4-5pm, Balaam Leisure Centre, E13. Call 0300 124 0123

### Support In Action (18yrs+)

Indoor and outdoor activities, advice and support. Thurs, 12noon-4pm, to Jeyes C.C

### Family Swims

Sat, 4.30-5.30pm, Newham Otters Swimming Club, Newham Leisure Centre, E13. Call 0300 124 0123. Sun, 12.30-2pm, Family Swim, Balaam Leisure Centre, E13. £5. Call 0300 124 0123.

## RUNNING



### Beckton Park Run

Sat, 9am, Beckton Park South, E16. Call 07718 394 756 www.parkrun.org/beckton

### Run England

£2 unless stated. Sun, 10am-12noon, Newham Leisure Centre, E13 (meet on track). Mon, 4-5.30pm, Newham

Leisure Centre, E13 (meet on track).

Mon, 5.45-6.45pm, Newham Dockside, E16 (meet at reception). Wed, 12noon-1pm, Newham Dockside, E16 (meet at reception). Thurs, 5.15-6.15pm, UEL Docklands Campus, E16 (meet at reception). Sat, 10-11.30am, Wanstead Flats, E12 (meet at Harrow Rd Changing Pavilion).

Sat, 10-11.30am, Memorial Park, E15, £4 (meet at car park). Call 07718 394 874.

### West Ham Park Run

Sun, 11am. Meet at Central Park Keepers Lodge, E6. Call 020 8257 4505

### East End Road Runners

Tues and Thurs, 7pm. Sun, 9am. Meet on the track. Coached sessions for all abilities. Newham Leisure Centre, E13. Call 07979 261 647.

## SPORTS



**Indoor Tennis** Mon, 6-8pm, Lee Valley Hockey & Tennis Centre, £3. Pre-booking essential, email michelle.daniel@activeNewham.org.uk

### Fencing with Newham

**Swords** Tues, 6-9pm, Thurs, 6-9pm, Fri, 7-10pm. Classes for adults (18+), and mini-pirates (4-7yrs). UEL SportsDock Call 07956 618 898

### Cricket (14yrs+)

Tues, 6-8pm, Newham Sixth Form College, E13. Call Ratheesh on 07476 269 226

### Lister Table Tennis

### Satellite Club (11-25yrs)

Weds, 6.30-8pm, Newham Sixth Form College, E13. £1. For information call Shiri on 07888 830 179

### Indoor Cricket (8-16yrs)

Wed, 6-8pm, £2, Lister Community School, E13, email michelle.daniel@activeNewham.org.uk

### Black Arrows

### Badminton Club

Adults: Fri, 7-9pm, Juniors: Sat, 10am-12noon, £3.70, East Ham

LC. Adults: Weds, 7-10pm, UEL SportsDock. Call 07932 037 173

### Ramgharia Badminton Satellite Club (11-25yrs)

Weds, 6.30-8pm, Newham Sixth Form College, E13. £2. Email ramgarhia.bc@gmail.com

### Newham and Essex Beagles Athletics Club

Mon and Wed, 6-9pm. Foundation groups (8-10yrs). Mon, 7-8pm and Wed, 6-7pm, £5. Terence McMillan Stadium, Newham Leisure Centre, E13. www.newhamandesssexbeagles.co.uk

### BMX (6-16yrs)

Sun, 10am-12noon, £3. Gooseley Playing Fields, St Albans Ave, E6. Call 07961 333 615

### Mini Tennis Courses

**(4-16yrs)** Tuesdays: 4-5pm, 5-6pm, East Ham Leisure Centre, 324 Barking Road, London, E6 2RT. Thursdays: 4.30-5.30pm, 5.30-6.30pm, 6.30-7.30pm, Newham Leisure Centre, 281 Prince Regent Lane, London, E13 8SD. Saturdays: 4-5pm, 5-6pm, Central Park (tennis courts), High Street South, East Ham, E6 6ET. Sundays: 12-1pm, 1-2pm, Stratford Park (tennis courts), West Ham Lane, Stratford, E15 4PT Contact: michelle.daniel@activenewham.org.uk 07741293513

### Adult Tennis (16+)

Saturdays: 9-10am, 10-11am, 11-12pm, Central Park (tennis courts), High Street South, East Ham, E6 6ET. Sundays: 9-10am, 10-11am, 11-12pm, Stratford Park (tennis courts), West Ham Lane, Stratford, E15 4PT Contact: michelle.daniel@activenewham.org.uk 07741293513

## FOOTBALL



### AIR Football (16yrs+)

Tues, 1-3pm, Fri, 10am-12noon, Memorial Park, Memorial Ave, E15. Fri, 3-5pm, Beckton Powerleague, E6. Visit

www.airfootball.co.uk

### Football and Athletics

Thurs, 4-5.30pm, Britannia Village, 65 Evelyn Rd, E16

### Football & Multi Sports

Mon, 4-5.30pm, Newham Leisure Centre, E13.

Wed, 5-6pm, Stratford MUGA, West Ham Ln, E15

### Mayor's Football League

U10yrs, U12yrs, Mon, 4.30-6pm, U16yrs, U18yrs, 6-7pm Newham Leisure Centre, E13

### Premier League (16yrs+)

6-a-side (4 subs) Weds, 7-10pm, Newham Leisure Centre, E13

### WHU Kicks

Mon, Tues, Fri, 4-7pm, WHUCST, Beckton 3G, 60A Albatross Cl, E6. Thurs, 6.30-7.30pm, Little Ilford Learning Zone, 1 Rector Rd, E12. Thurs, 6.30-7.30pm, Stratford Park MUGA, West Ham Ln, E15. Sat 10.30am-12noon, Newham Leisure Centre, E13

### Ascension Football

Sat, 10-11.30am, £3. Reception to 11yrs. King George V Park, King George Ave, E16. Call 07806 584 925

## BASKETBALL



### Basketball & Multi Sports

Fri, 5-6.30pm, 8-19yrs, Snowshill MUGA, Snowhill Rd, E12

### Basketball Sessions

Thurs, 5.30-6.30pm, Little Ilford Learning Zone, 1 Rector Rd, E12

### National League

Mon, 6-8pm, U13/14yrs, Tues, 6-8pm, U15/16yrs, Rokeby School, E16. Thurs, 4.30-6pm, U13/14yrs boys, U14yrs girls; 6-8pm, U16yrs, Newham Leisure Centre, E13, 6-8pm, U18yrs, Cumberland School, E13

### NCFE Sports - Basketball

Thurs, 5-7pm, East Ham Leisure Centre. To register email sports@newham.ac.uk or call 020 8257 4255

### Senior Programme

Mon, 7.30-9.30pm, Division 2 women and division 3/4 men. Rokeby School, E16. Call 07947 401 616

### Youngbloods Basketball

All sessions cost £1. All at St Angela's School, E7, unless stated. U12yrs, mixed, Sat, 1-3pm, East Ham Leisure Centre, E6. U13/14yrs boys, Mon, 6-8pm and Wed, 4.30-6pm. U13/14yrs girls, Mon, 4.30-6pm and Wed, 4.30-6pm. U15/16yrs boys, Tues, 6-8pm. U17/18yrs boys, Mon and Wed, 8-10pm Call 07958 307 657

## COMMITTEE MEETINGS

All meetings take place at Newham Town Hall, Barking Rd, E6, unless otherwise stated

### Mon, 7 Dec, Council

Chamber, 7pm

**Tues, 8 Dec,** Residents' Housing Scrutiny Group, Old Town Hall, Stratford, E15 4BQ, 7pm

**Weds, 9 Dec,** Corporate Parenting Board, Newham Dockside, 1000 Dockside Road, London, E16 2QU, 4.30pm; Investment and Accounts Committee – Provisional, 6.30pm.

**Thurs, 10 Dec,** Newham Partnership - Children and Young People Trust, Newham Dockside, 4.30pm

**Mon, 14 Dec,** Local Development Committee, Old Town Hall, Stratford, 7pm

**Thurs, 17 Dec,** Cabinet Mayoral Proceedings, 5pm

**Tues, 22 Dec,** Strategic Development Committee, Old Town Stratford, 5pm.

## CONTACT THE MAYOR

### No walk-in or telephone surgeries in December

You can contact the mayor by email: mayor@newham.gov.uk Or write to: The Mayor of Newham, 1000 Dockside Road, London E16 2QU

## CONTACT DETAILS

### LIBRARIES & COMMUNITY NEIGHBOURHOODS

**Beckton Globe** 1 Kingsford Wy, E6

**Canning Town** Barking Rd, E16

**Custom House**

Prince Regent Ln, E16

**East Ham** 328 Barking Rd, E6

**Green Street** 337-341

Green St, E13

**The Gate** 6-8 Woodgrange Rd, E7

**Manor Park**

685-691 Romford Rd, E12

**North Woolwich**

5 Pier Parade, E16

**Plaistow** North St, E13

**Stratford** 3 The Grove, E15

**Archives and Local Studies**

020 3373 6881

**Community Outreach**

020 337 30813

### LEISURE & SPORTS VENUES

**Balaam Leisure Centre**

14 Balaam St, E13

**East Ham Leisure Centre**

324 Barking Rd, E6

**Newham Leisure Centre**

281 Prince Regent Ln, E13

**NewVic** Prince Regent Ln, E13

**UEL SportsDock** Docklands Campus, University Wy, E16

### COMMUNITY CENTRES (C.C.)

**Beckton Community Centre**

14 Manor Wy, E6, 020 7511 1214

**Field Community Centre**

147 Station Rd, E7

020 8536 2800

**Grassroots Centre** Memorial Park, Memorial Ave, E15

020 3373 0650

**The Hub** 123 Star Ln, E16

020 3373 0750

**Jack Cornwell Community Centre** Jack Cornwell St, E12

020 8553 3459

**Jeyes Community Centre**

1 James Cl, E13, 020 8548 9788

**Katherine Rd Community Centre**

254 Katherine Rd, E7

020 8548 9825

**St Mark's Community Centre**

218 Tollgate Rd, E6

020 7511 1214

**Vicarage Ln Community Centre**

Govier Cl, E15, 020 8519 0235

**The Well Community Centre**

49 Vicarage Ln, E6, 020 7586 7070

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and **ROBERT HYMAN**  
Directed by  
**KERRY MICHAEL**

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